




BAKER COUNTY YMCA
Group Exercise Schedule
 JULY 2026

All classes require reservation in the FCYMCA app.



KELLER SCHOOL GYMNASIUM					
Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	Silver Sneakers Classic 9:00am-9:55am Alethea	Tai Chi 8:00AM-8:50AM Meghan *Cafeteria	Silver Sneakers Classic 9:00am-9:55am Alethea		
		Silver Sneakers Classic 9:00AM-9:45AM Meghan *Cafeteria	Balance, Stability, Stretch 10:00-10:30pm Alethea		
Kickboxing 6:00PM-6:50PM Kristina		Zumba 6:15PM-7:15PM Kristina			
		Core 7:15-7:45pm Melinda			
BAKER YMCA FIELD					
Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
BAKER YMCA AQUA FITNESS					
Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		Aqua Fitness 10:00AM-10:45AM Meghan			Aqua Fitness 10:15AM-11:15AM Lucia
	Aqua Fitness 6:00PM-7:00PM Lucia		Aqua Fitness 6:00PM-7:00PM Lucia		
WELLNESS FLOOR (\$ = fee-based training classes)					
Monday	Tuesday	Wednesday	Thursday	Friday	Saturday

*Indicates Healthy Living program- participant must register through myhealth@fcmca.org